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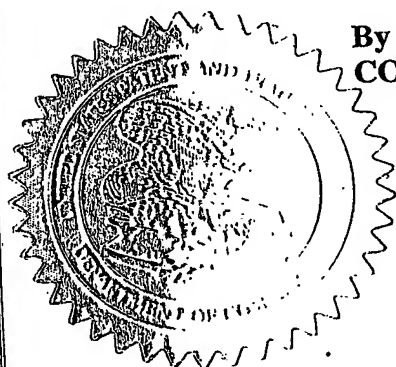
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APPLICATION NUMBER: 60/456,859


FILING DATE: March 24, 2003

RELATED PCT APPLICATION NUMBER: PCT/US04/08770

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# **PROVISIONAL APPLICATION FOR PATENT COVER SHEET**

This is a request for filing a PROVISIONAL APPLICATION FOR PATENT under 37 CFR 1.53(c).

Express Mail Label No.

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INVENTOR(S)					
Given Name (first and middle (if any))		Family Name or Surname		Residence (City and either State or Foreign Country)	
Stephen Brian		Finch		809 Tyler Street Gary, Indiana 46402 U.S.A	
<input type="checkbox"/> Additional inventors are being named on the _____ separately numbered sheets attached hereto					
TITLE OF THE INVENTION (500 characters max)					
Power Struts					
Direct all correspondence to:			CORRESPONDENCE ADDRESS		
<input type="checkbox"/> Customer Number _____ OR <input checked="" type="checkbox"/> Firm or Individual Name			Stephen Brian Finch 809 Tyler Street Gary, Indiana 46402 U.S.A Telephone (219) 885-2448		
<input type="checkbox"/> Application Data Sheet. See 37.CFR 1.76			<input type="checkbox"/> CD(s), Number _____ <input checked="" type="checkbox"/> Other (specify) Laser Photos, 8 sheets		
METHODOF PAYMENT OF FILING FEES FOR THIS PROVISIONAL APPLICATION FOR PATENT					
<input checked="" type="checkbox"/> Applicant claims small entity status. See 37 CFR 1.27. <input checked="" type="checkbox"/> A check or money order is enclosed to cover the filing fees <input type="checkbox"/> The Commissioner is hereby authorized to charge filing fees or credit any overpayment to Deposit Account Number: _____ <input type="checkbox"/> Payment by credit card. Form PTO-2038 is attached.			FILING FEE AMOUNT (\$) \$80.00		
The invention was made by an agency of the United States Government or under a contract with an agency of the United States Government. <input checked="" type="checkbox"/> No. <input type="checkbox"/> Yes, the name of the U.S. Government agency and the Government contract number are: _____					

Respectfully submitted,

SIGNATURE

TYPED or PRINTED NAME Stephen Brian Finch

TELEPHONE (219) 885-2448

Date 03/19/2003

REGISTRATION NO.  
(if appropriate)  
Docket Number:

## **USE ONLY FOR FILING A PROVISIONAL APPLICATION FOR PATENT**

This collection of information is required by 37 CFR 1.51. The information is used by the public to file (and by the PTO to process) a provisional application. Confidentiality is governed by 35 U.S.C. 122 and 37 CFR 1.14. This collection is estimated to take 8 hours to complete, including gathering, preparing, and submitting the complete provisional application to the PTO. Time will vary depending upon the individual case. Any comments on the amount of time you require to complete this form and/or suggestions for reducing this burden, should be sent to the Chief Information Officer, U.S. Patent and Trademark Office, U.S. Department of Commerce, Washington, D.C. 20231. DO NOT SEND FEES OR COMPLETED FORMS TO THIS ADDRESS. SEND TO: Box Provisional Application, Assistant Commissioner for Patents, Washington, D.C. 20231.

## Power Struts

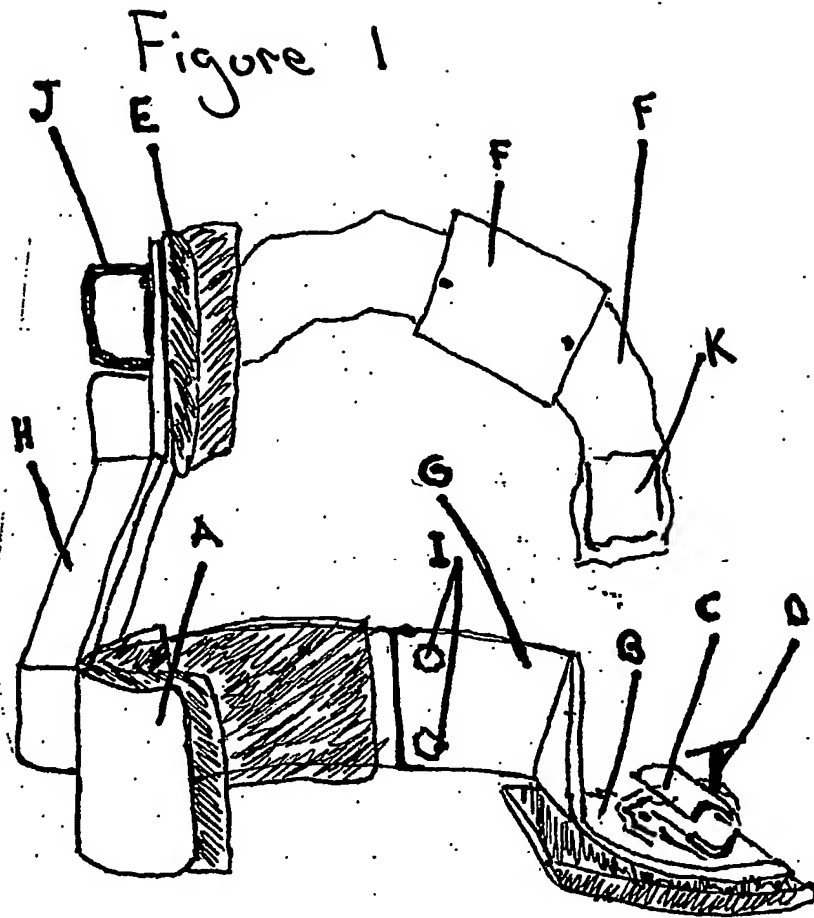
### Provisional Specification

The Power Struts are exercise fitness devices designed to help increase running speed and running power. The Power Struts comes in two separate units. One unit for the right foot and one opposite unit for the left foot. The main function of the Power Strut is to safely and securely hold a conventional free weight dumbbell with your foot while doing certain leg exercises.

Each Power Strut unit is approximately 14 inches long at full extension, 13 inches in height, and 4 inches wide. The components of the Power Struts are the back heel brace with safety padding (fig. 1 A), The weight bed with safety padding (fig. 1 B), the hinged weight clamp (fig. 1 C) and locking screw (fig. 1 D), the calf brace and padding (fig. 1 E), the support strap with safety padding (fig. 1 F), the adjustable side plates with padding (fig. 1 G), and the back plate (fig. 1 H). The side plates of the Power Struts can be shortened or extended with two bolts (fig. 1 I), and wing nuts (fig. 3 A), to compensate for different sizes of feet. A D ring (fig. 1 J) is installed on the back of the calf brace. The support strap is wrapped around the user's calf, fed through the D ring, then tighten back on itself over the calf, fastening itself with velcro (fig. 1 K) on the end of the strap.

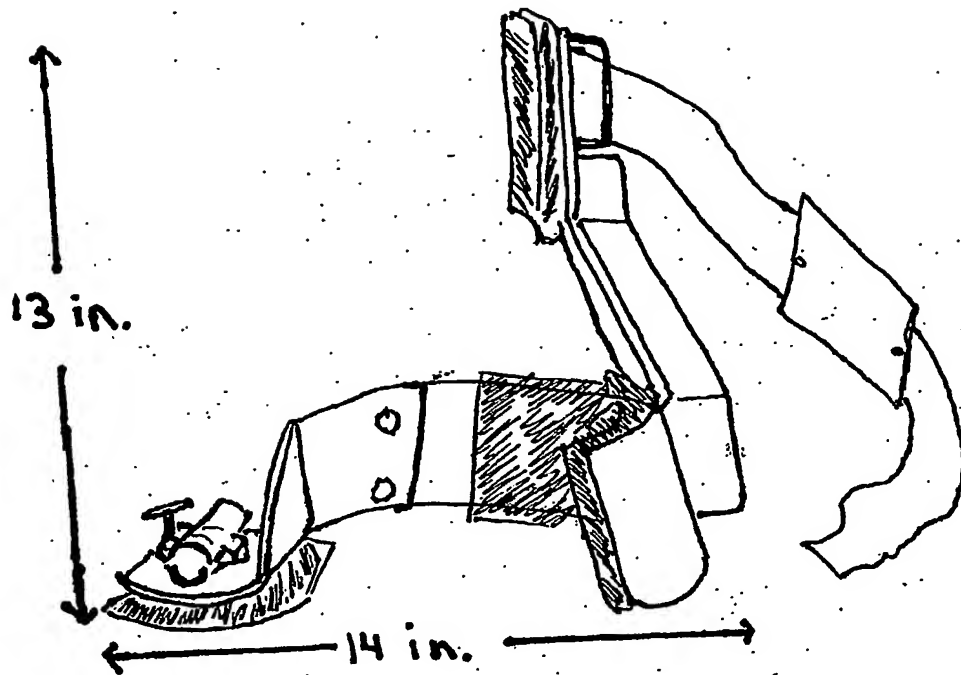
In operation, the weight bed and padding of the Power Strut is placed on the top on the users shoed foot. The users heel is pushed firmly back into the heel brace and padding of the Power Strut. The support strap is then applied as described above. The handle part of a conventional dumbbell free weight is then put evenly in the hinged weight clamp and tightened back down using the locking screw. The user is then able to safely do some isometric and stationary exercises for the legs using conventional free weights. The Power struts were not designed to walk or run while in use.

The Power struts are constructed of 3/16 inch molded steel for the main frame, foam rubber and vinyl for the safety padding, and vinyl webbing for the support strap.



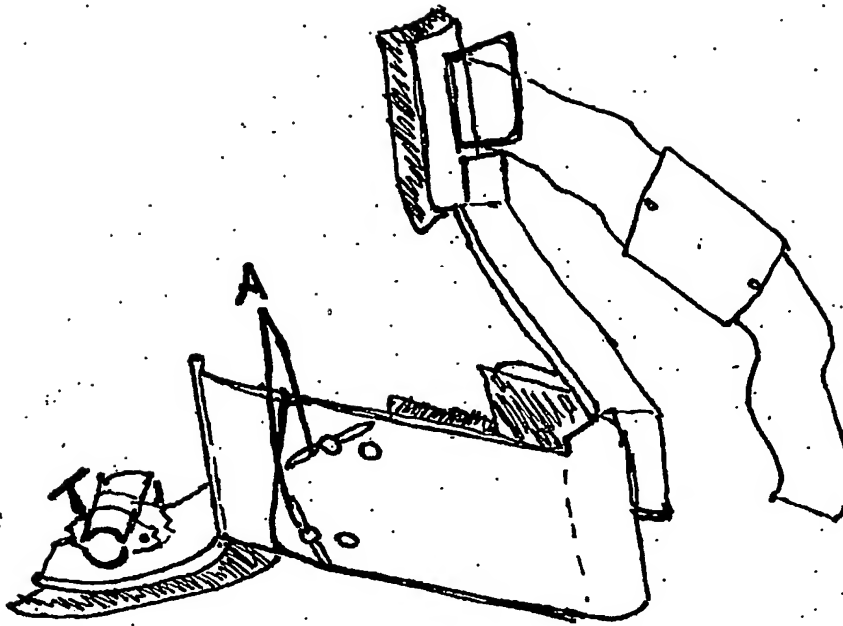
Right side view of right Foot  
unit

Figure 2



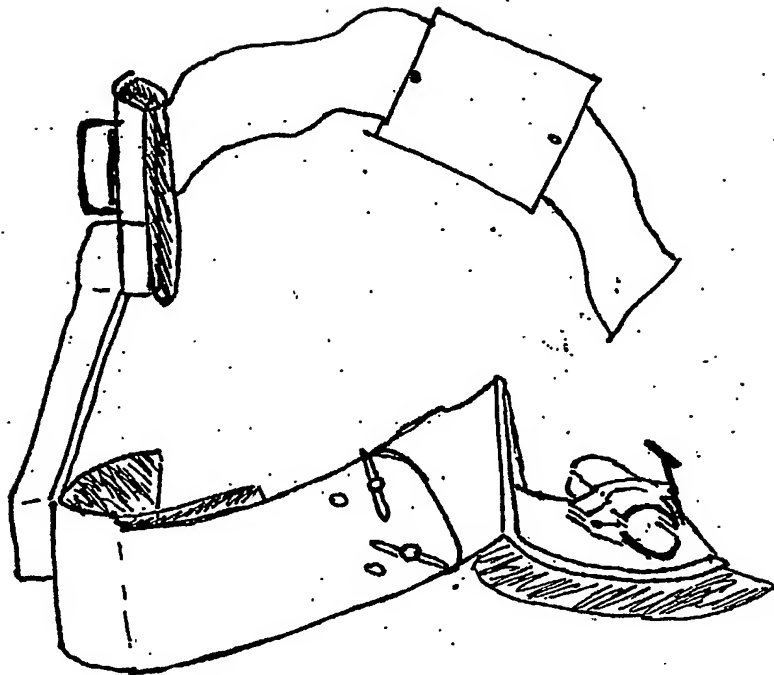
Left side view of Left  
foot unit

Figure 3



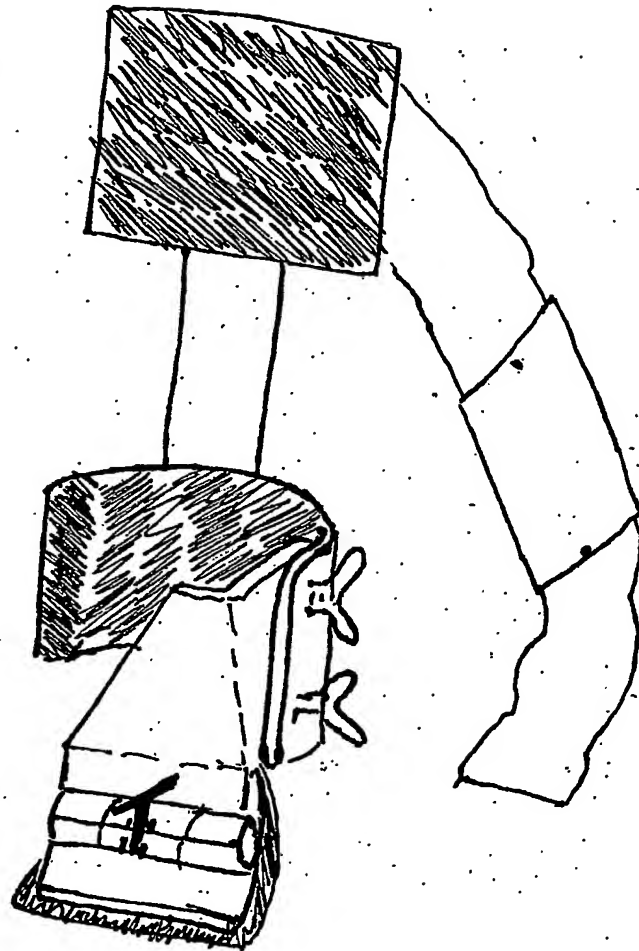
Left side view of Right  
foot unit

Figure 4

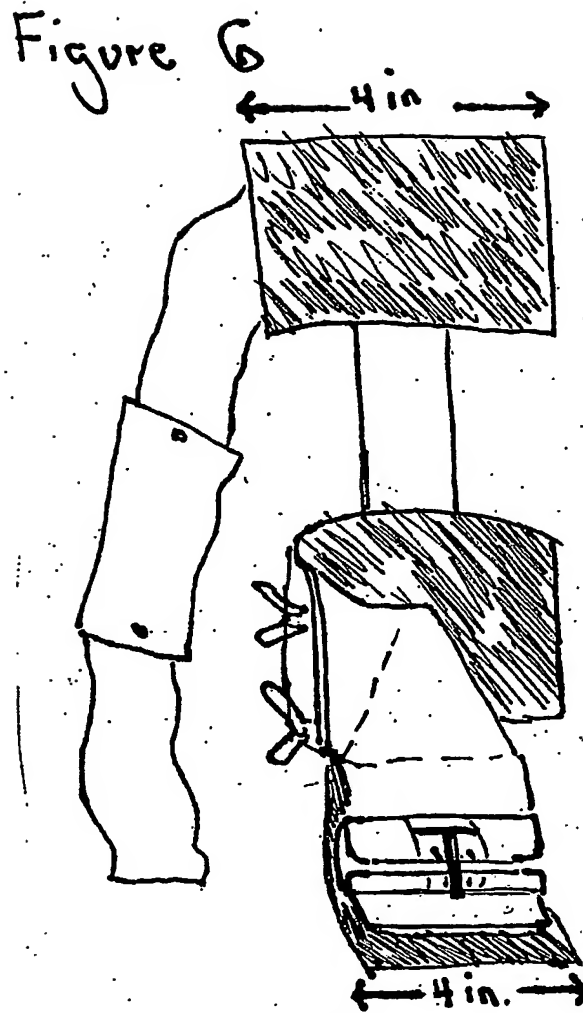


Right side view of Left  
foot unit.

Figure 5

Front view of Right foot  
unit





Front view of Left foot  
unit

Figure 7

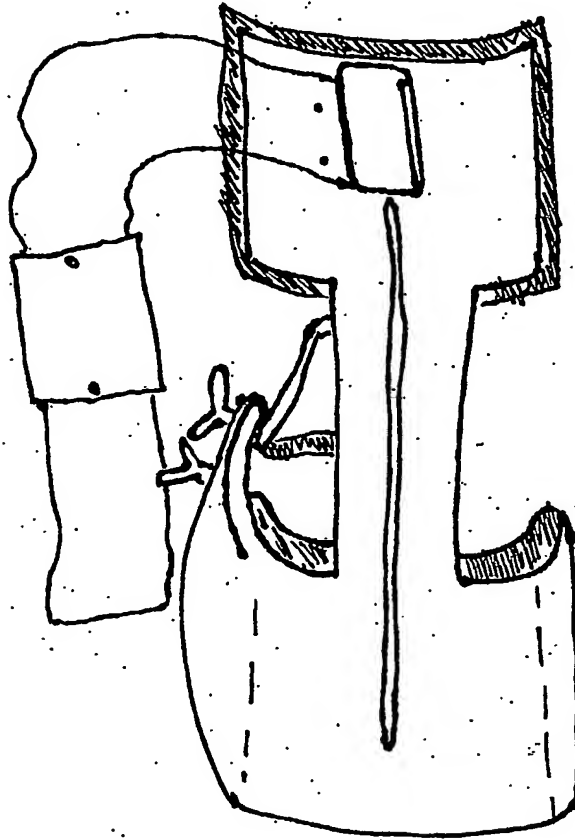
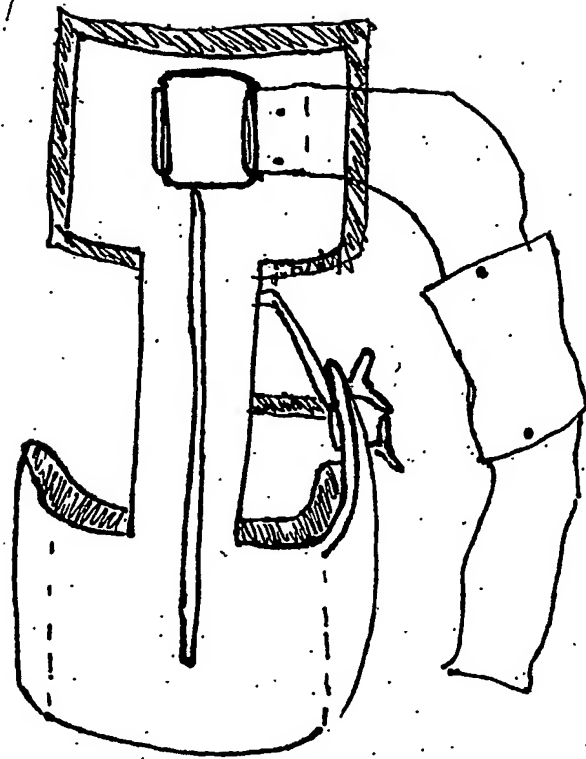
Back view of Right foot  
unit

Figure 8



Back view of Left Foot  
unit

Photo 1 of 8

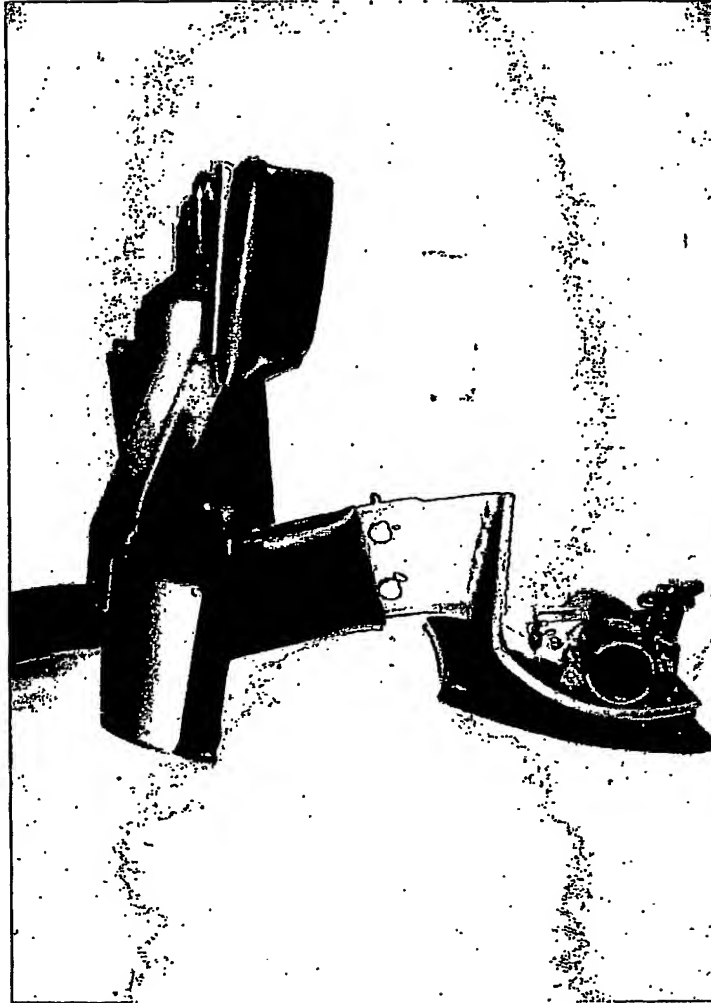


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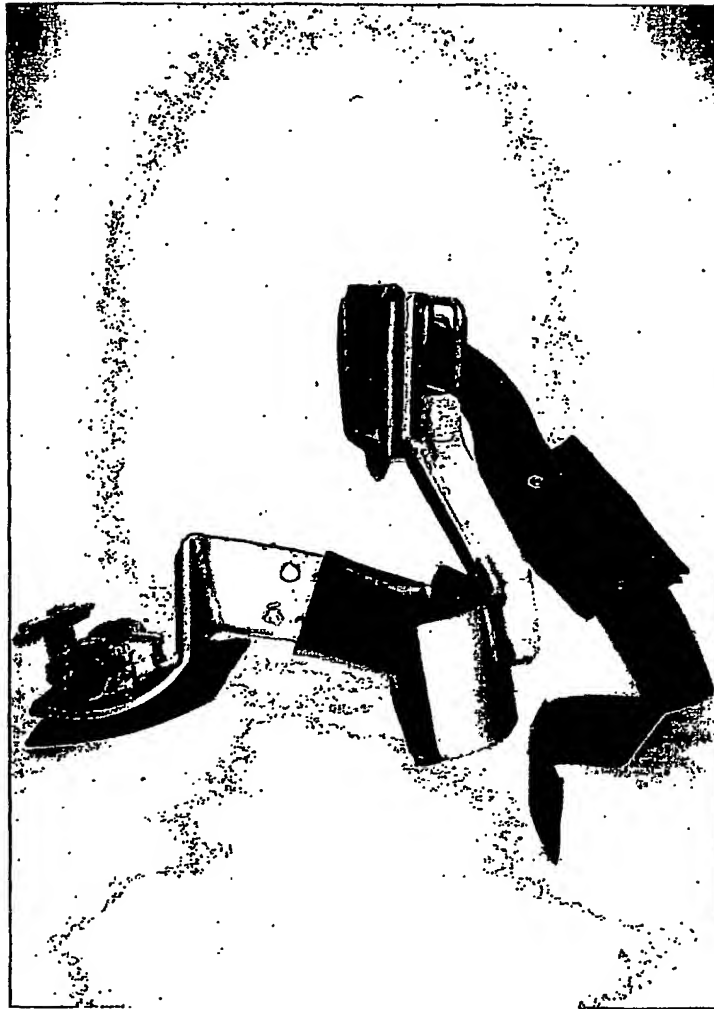


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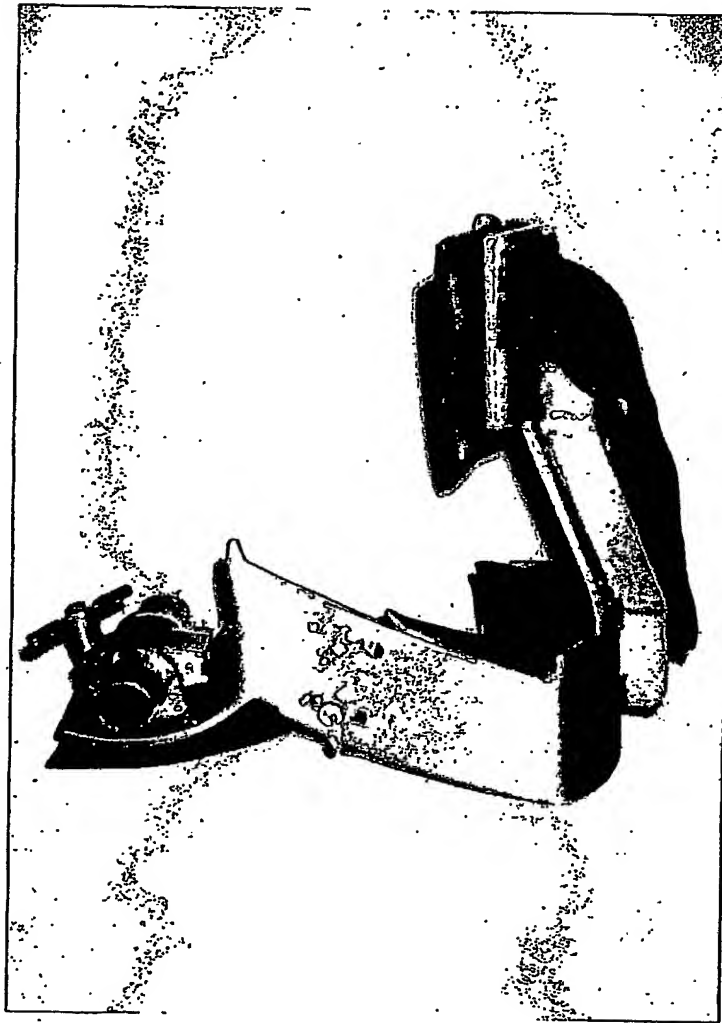


Photo 4 of 8



Photo 5 of 8





Photo 6 of 8

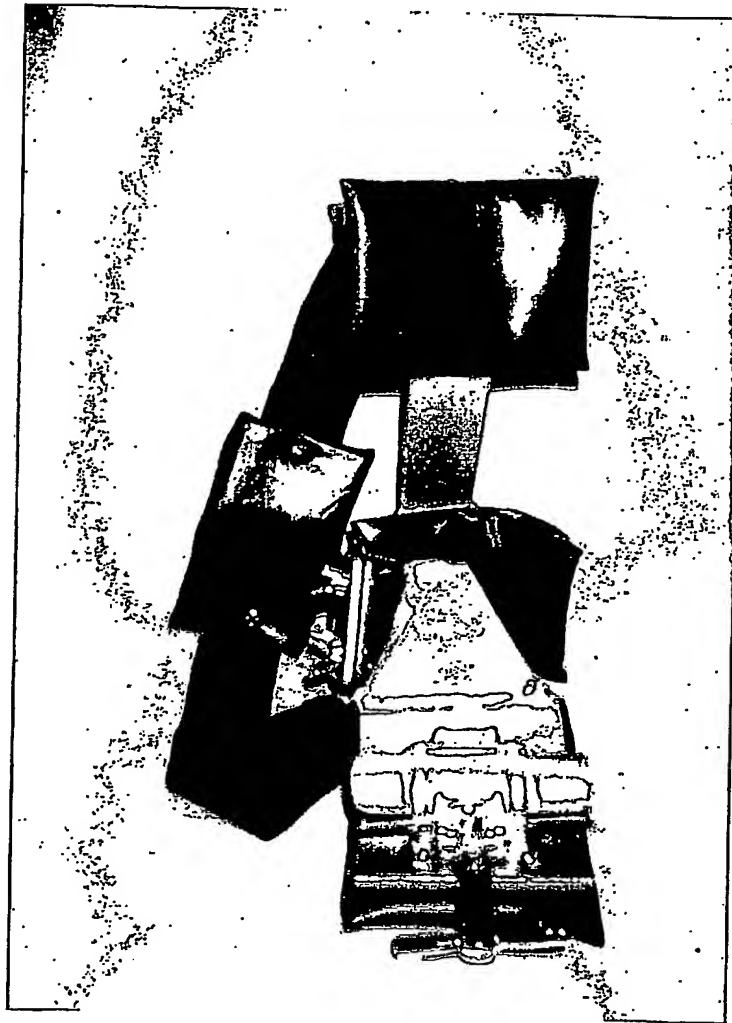


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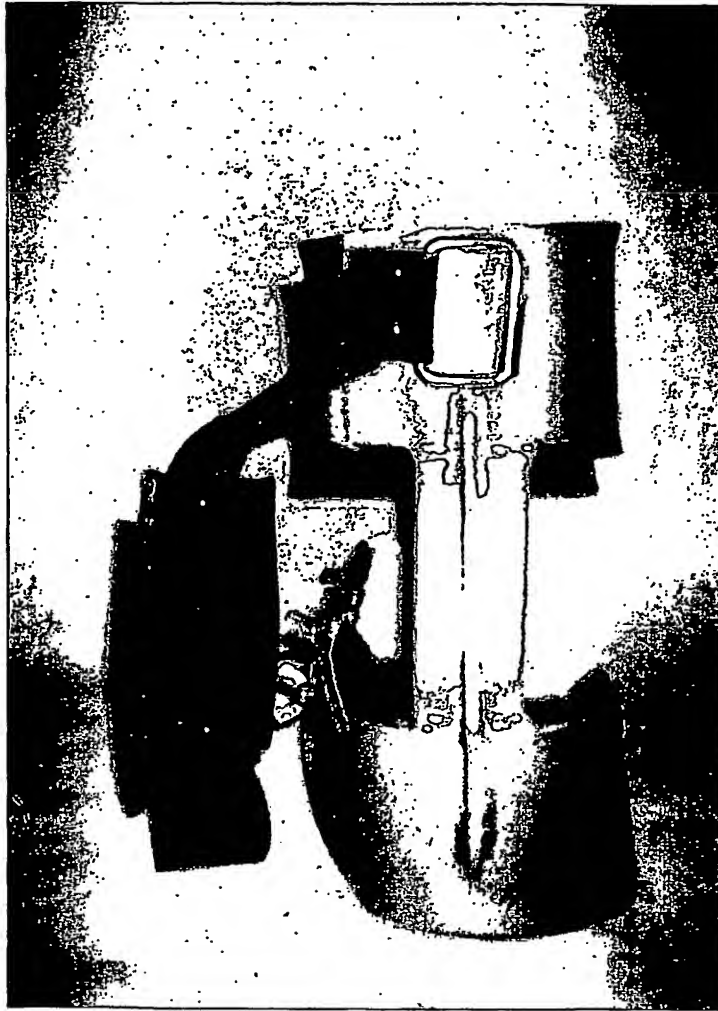
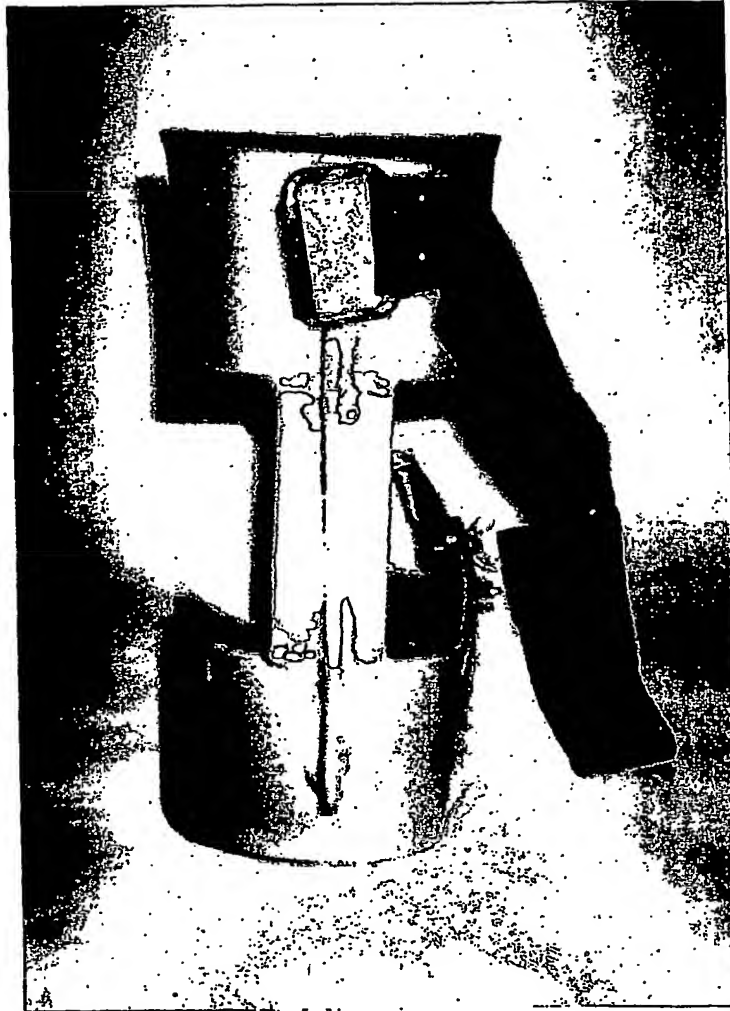


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